

Body Appreciation Meditation

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Body Appreciation Meditation

Hello and welcome to this meditation. Today I will be guiding you through an exploration of the body inspiring gratitude as we go along. Please find a quiet place to rest. Encouraging your eyes to close when you're ready. Now simply sit with your body. Check in with it. Taking the time to pause everything and connect. Feeling the rise and fall of your chest. Following the breath, noticing the unique rhythm of it.

Now, takes some time to disconnect from any mind chatter. Overthinking or scattered thoughts can prevent us from engaging with our physical body. With a few deep breaths, let your thoughts clear.

Any time you feel your thoughts dominating your mind, come back to the breath and clear them out.

Now, connect with your head. Moving into the forehead and the face. Consider your eyes. How important they are to you. Everything that they take in. How they help you identify faces. Internalize information and appreciate beauty. No pair of eyes is exactly alike. Your eyes are completely unique, like snowflakes. Consider the beautiful colors and the intricate dimensions of the eyes. Connect with your ears too. Admiring their dynamic shape their ability to listen, hear. Out loud or in your mind, repeat, "Thank you, eyes. Thank you ears," as you sit in appreciation.

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Connect with the nose and mouth now. Taking a nice deep breath in through the nose can out through the mouth. Express appreciation for the natural filtration system of the nose. The tiny hairs that help filter the air that you breathe.

Offer thanks for your lips. Your strong teeth. The tongue that allows you to enjoy every variety of flavor. Repeating, "Thank you, nose. Thank, mouth," as you sit in appreciation.

Moving down the spine, feel the strength of these important bones, the bones that keep your body erect and moving. Straighten the head, neck, and your back as you repeat, "Thank you, spine. Thank you, back."

Now, connect with your arms bringing your attention all the way down to your fingertips connecting with the muscles here and the delicate bones of the hands. Holding appreciation in your awareness, repeat, "Thank you, arms. Thank you, hands."

Shifting your attention to the chest now. Once again, noticing the gentle rise and fall of your chest and abdomen as you breathe. Feel your heart beating in harmony with the rhythm of your breaths. Repeating, "Thank you, lungs. Thank you, heart."

Bring attention to the abdomen now. The core of the body. Breathe into it considering all of the organs that make up your strong core. The stomach and intestines and their many important jobs and functions. Repeating now, "Thank you, core. Thank you, stomach."

Moving down into the legs now. Feel the strong bones here and the muscles that help you walk. Connect with the feet appreciating every tiny muscle and bone here and repeat, "Thank you, legs. Thank you, feet."

Sometimes when we connect with the body we become critical. You may have noticed your mind drifting into judgment as you explored your body. If so, take a few moments to return to the areas where appreciation was a challenge. Sit with these body parts and allow any and all thoughts to surface. Good bad or in-between.

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Now, clear the mind once again using the breath, creating a blank slate, making room for appreciation. Clearing away the dark thoughts, the doubts, or negative self-talk and seeing your body for what it truly is; a remarkable vehicle, a true gift. Your body protects you. It nourishes you. It allows you to experience everything that life has to offer. Take a few moments to treasure it. Appreciating it for its uniqueness and divine beauty. Feeling appreciation flowing from the top of the head. Flowing into the spine. Down into the arms and fingers. Spreading through your chest and abdomen. Down into the legs and feet. Feeling your whole body glowing with gratitude.

Now, begin to let your breath return to a rhythm that is natural to you. Easy inhales and exhales. Open your eyes when you're ready. Wiggle your fingers and toes and return to your day with a renewed appreciation for your amazing and unique body.

